



# September 2012

Located at Bldg. 3722  
Next to the Fitness Center  
Open Mon-Fri  
0730-1200  
1300-1630

## "Optimizing Health"

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <b>LABOR DAY</b>	<b>4</b>	<b>5</b>  <b>Diabetes Education</b> <b>0900-1200</b>	<b>6</b>  <b>FFS # 1</b> <b>(Freedom from Smoking)</b> <b>1100-1200</b>	<b>7</b>  <b>Understanding Your Metabolic Results</b> <b>1000-1100</b>
<b>10</b>  <b>MOVE</b> <b>Basics of Weight Mgmt</b> <b>0800-1100</b>	<b>11</b>	<b>12</b>  <b>Healthy Heart</b> <b>0900-1100</b> <b>Understanding Your Metabolic Results</b> <b>1500-1600</b>	<b>13</b>  <b>FFS # 2</b> <b>(Freedom from Smoking)</b> <b>1100-1200</b>	<b>14</b>
<b>17</b>	<b>18</b>	<b>19</b>  <b>Diabetes Education</b> <b>0900-1200</b>	<b>20</b>  <b>FFS # 3</b> <b>(Freedom from Smoking)</b> <b>1100-1200</b>	<b>21</b>  <b>Understanding Your Metabolic Results</b> <b>1000-1100</b>
<b>24</b>  <b>MOVE</b> <b>Basics of Weight Mgmt</b> <b>0800-1100</b>	<b>25</b>	<b>26</b>  <b>Understanding Your Metabolic Results</b> <b>1500-1600</b>	<b>27</b>  <b>FFS # 4</b> <b>(Freedom from Smoking)</b> <b>1100-1200</b>	<b>28</b>
<div> <div> <b>Services Offered</b>  <b>Monday—Friday</b> </div> <div> <ul style="list-style-type: none"> <li>◆ Metabolic Testing</li> <li>◆ VO2 Fitness Assessments</li> <li>◆ Unit Assessments and Wellness Coaching</li> </ul> </div> <div> <ul style="list-style-type: none"> <li>◆ Relaxation "Free" Massage Chair</li> <li>◆ Blood Pressure Screenings &amp; Monitoring</li> </ul> </div> </div>				

For further information please contact us at  
DSN: 486-8614 or CIV: 06371-86-8614

Programs are open to Active Duty, Family Members, Retirees and Civilians .